



Get Fit. **Life Tip.**

Weight loss vs. fat loss

Weight loss and fat loss are often confused to be the same thing. In actuality they are two different things and it is possible to have fat loss with no weight loss. The number on the scale is telling you the overall all weight of your body and does not distinguish between muscle and fat. Body Mass Index (BMI) will tell you an estimate of your total body fat based and height and weight, but will not distinguish between muscle, bones, organs and fat.

A well rounded nutritional plan and strength training routine may lead to fat loss and lower BMI with no change to the number on the scale. Your body composition can be changing by losing fat and adding lean muscle; remember muscle weighs more than fat. Keep in mind that if you have a large weight loss one week the following week you may have a smaller number, due to the fact that your body needs to adapt to the changes.

There is no quick fix to weight loss, fat loss, muscle toning or building, it takes time and dedication. Although the process may be slow and tedious the hard work will pay off in the end, its all about developing a healthy lifestyle with your diet and exercise.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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